

Signs of the Healing Process

THE HEALING CRISIS

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A healing crisis is in effect when the body is in the process of eliminating toxins. Reactions may be mild or they may be severe. One should expect this and work toward it. The body's inherent desire is perfect health and we have the ability to earn our way back to that state. To do so, the body must go through an elimination process called the healing crisis.

A healing crisis results when all body systems work in concert to eliminate waste products and set the stage for regeneration. Old tissues are replaced with new, and stored toxins are eliminated. A cleansing, purifying process is underway and stored wastes are more easily removed. Sometimes there is pain of greater intensity than the lower level of chronic problem gives, but it is usually of short duration.

The crisis will usually bring about past conditions in reverse order to the original problem. People often forget the diseases or injuries they have had in the past, but are usually reminded during a healing crisis. Reactions may include skin eruptions, nausea, headache, sleepiness, fatigue, diarrhea, a cold, ear infections, boils, or any other way the body uses to eliminate toxins. The crisis usually lasts three days, but if the energy of the patient is low, it may last for a week or more. The body needs juices, and especially water, preferably ozonated, to help carry off the toxins. This is a time for rest - mental as well as physical rest.

One crisis is not always enough for a complete cure. The person in a chronic state, who has gone through many disease processes in life, must go through these processes again. Often the crisis will come after one feels his very best, setting the stage for the action. Most people feel an energy boost the first few days. Then toxins are dumped into the blood stream for elimination by way of the liver, kidneys, spleen, skin, bladder and colon. Listen to your body and go as slowly as your body needs to so that your cleansing is gradual and comfortable.

With a more serious condition there may be many small crises to go through before the final one is possible. Everything must be considered and given its proper place in the build-up to a healing crisis. One should expect it and work towards it. Then the goal of optimum health can be achieved. Do not expect to feel good for a while. As ozone starts to do its job, you may experience one or more of the following: unusual fatigue; fever; night sweats; diarrhea; nausea. Ozone will generally force toxins out of the body the way they were put in. The more toxic your body is, the stronger these reactions will be. This initial detoxification process could last from several weeks to several

months. Do not despair, you will eventually feel better. You can expect to see results, but only if you're committed to the program.

It will not be easy, but you will see results. After the initial detoxification, you will have to go on a maintenance program. This will also be dependent on the individual person. Ozone may always be a part of your new healthy lifestyle, protecting you from toxic buildup and resultant disease in the future.

